

MARATHON - 3 hour - 6 month training program

	Mon	Tue	Wed	Thu	Fri	Sat or Sun	
Week 1	40min E 6xStrides	rest	30min E, 10min T, 10min E	rest	10min E, 6x500m I-pace with 2min rest	1h00 LSD	
Week 2	45min E	rest	30min E, 15min T 5min E	rest	8km time trial	1h15 LSD	
Week 3	50min E	40min E	30min E, 20min T	rest	10min E, 4x1km I-pace with 2min rest	1h20 LSD	
Week 4	Recovery week with LSD run 30min Easy jog	rest	50min Easy jog	rest	Easy cycle or swim	1h30 E-pace run	
Week 5	50min E	40min E	30min E, 25min T	rest	40min of 3min E, 1min I-pace	50min Medium-pace	
Week 6	60min E 6xStrides	rest	10min E, 3x3km T-pace with 2min rest	rest	40min E-pace plus 6xStrides	Medium goal 10km road race Sub 39:00	
Week 7	70min E 6xStrides	rest	30min E, 30min T	rest	15min E, 10x250m Hills 15min E	1h45 E-pace run	
Week 8	Recovery week with back to back LSD runs 60min Easy jog			rest	60min Easy jog	rest	Back to back 15km LSD
Week 9	70min E 6xStrides	rest	15min E, 6x300m Hills 15min E	rest	10min E, 4x2km T-pace with 2min rest	2h00 LSD run	
Week 10	60min E 6xStrides	1h30 E	20min E, 40min T	rest	10min E, 6x1km I-pace with 2min rest	60min Medium-pace	
Week 11	40min Easy jog 6xStrides	rest	10min E, 10min T 10min E	rest	15min easy jog, 6x30s fast with 1min rest	Medium Goal 21km race Sub 1h27	
Week 12	Recovery week with a longer LSD run 40min Easy jog			rest	60min Easy jog	rest	Easy cycle or swim
Week 13	70min E 6xStrides	rest	15min E, 6x300m Hills 15min E	rest	40min of 3min E, 1min I-pace	2h20 LSD run	
Week 14	60min E 6xStrides	1h30 E	8km club time trial		10min E, 6x1km I-pace with 2min rest	1h20 LSD	
Week 15	60min E 6xStrides	rest	10min E, 3x3km T-pace with 2min rest	rest	40min E-pace plus 6xStrides	Medium goal 10km road race Sub 39:00	
Week 16	Recovery week with back to back LSD runs 40min Easy jog			rest	60min Easy jog	rest	Easy cycle or swim
Week 17	70min E 6xStrides	1h10 E	20min E, 40min T	rest	10min E, 4x2km T-pace with 2min rest	26km LSD	
Week 18	70min E 6xStrides	rest	30min E, 30min T	rest	15min E, 10x250m Hills 15min E	1h50 Medium-pace	
Week 19	60min E, 6xStrides	1h20 E	10min E, 3x4km T-pace with 2min rest	rest	8km time trial	32km LSD	
Week 20	Recovery week with back to back LSD runs 50min E-pace			rest	60min E-pace	rest	Back to back 21km LSD
Week 21	60min E 6xStrides	1h30 E	20min E, 30min T	rest	45min E	21km at M-pace	
Week 22	20min E, 20min M, 20min E	rest	30min E, 30min T	rest	10min E, 4x2km T-pace with 2min rest	1h20 LSD	
Week 23	50min E 6xStrides	45min E	40min E, 20min T	rest	40min of 1min E, 1min I-pace	1h00min LSD run	
Week 24	40min Easy jog 6xStrides	rest	10min E, 10min T 10min E	rest	15min easy jog, 6x30s fast with 1min rest	Sanlam Cape Town Marathon goal 2h59	

Notes: E=Easy pace - heart rate below 140bpm - 4:59pkm
M=Medium pace - heart rate between 140-155bpm - 4:14pkm
T=Threshold pace - heart rate between 155-170bpm - 4:00pkm
I=Interval pace - heart rate 165bpm and higher - 3:41pkm
LSD=Long slow distance - heart rate below 140bpm - 4:59pkm
Strides=Controlled faster than race pace efforts 100m